



## PACKING LIST

So, I tell people that South Africa in their winter is like the Midwest in early October. It can be cool in the morning, but warm during the day.

So, plan layers, but 75% of the time, I think you would be in t-shirts and shorts/light pants.

Also, please remember that you are representing Americans and American Universities. Generally, people in South African dress more conservatively than some college students.

You will get a t shirt and long sleeve rash vest upon arrival.

## Intern Packing List:

### Carry-on bag:

- PASSPORT
- Confirmation number for your flights and your flight schedule
- Emergency numbers
- All prescription medication in their prescription bottles
- Other valuables
- Change of clothes
- Toiletries that are 3 ounces or less and that you want for the flight and first 24 hours
- Phone and charger
- Reusable water bottle
- A Mastercard/Visa credit card and some cash maybe \$100
- Plan to have enough clothes for the first 48 hours in case you get your bag a day or two late.

### Checked bag:

- Layers are great—at least one sweatshirt/hoodie
- T shirts, shorts, light pants, socks
- A pair of sweat pants for cooler nights
- Slides/flip flops for around the research station
- Everything you take on the boat will likely get wet, so if you want a small dry bag that is a good idea
- Mask and snorkel
- Fins and wetsuit are optional. There are a lot to choose from at the research station

- A pair of tennis shoes
  - Sunscreen and baseball cap or bucket hat or some other hat to keep the sun off your face
  - Swimsuit
  - Toiletries, personal medication. In original bottles. Don't have a random bottle with 5 different kinds of pills inside
  - Towels—laundry is provided, but you need a pool towel and bath towel
  - Hand soap. Bring a small bar, this isn't provided like in American hotels
  - Mosquito repellent with DEET. Mosquitoes aren't too bad because it is their winter
  - Flashlight and/or headlamp
  - You need to buy converters for the outlets that work in South Africa. They generally have 3 large round metal prongs. It is also helpful if your converters have a USB on the outside. See picture below.
  - You can use your phone camera or bring another one...whatever works for you
  - Some old clothes, shoes, sports equipment that you can donate to the local community you will be visiting
  - Small USB flash drive
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- You can get cash out in South Africa from ATM machines. The currency is Rands in South Africa. Generally, exchanges at the airports are the worst exchange rates. Credit cards (**Visa and Mastercard**) are accepted almost everywhere except the small, local markets.

Try not to overpack clothes, there is laundry at all the sites.

